

Ypsilanti Senior Center
Newsletter

February 2019

“If it’s happening, it’s happening here
at the Ypsilanti Senior Center”

Ypsilanti Senior/Community Center

1015 N. Congress, Ypsilanti, MI 48198

(734) 483-5014 Fax: (734) 480-0380

Website: www.ypsiseniorcenter.org

Facebook.com/ypsiseniorcenter/

Senior Center Hours:

Monday, Wednesday, and Friday: 9AM-
2PM

Tuesday, Thursday: 10AM-2PM

Saturday: 10AM-12PM (office closed)

Ypsilanti Senior Center is closed Monday, February 18, 2019 for President’s Day

From the Director’s Desk

- Monica Prince

Winter has finally arrived. I was able to go cross country skiing twice so far this year. How exciting! I don’t think I be going out the last couple of days of January with the prospects of -30 temperatures.

Don’t forget to check the school closings on any day. If the Ypsilanti Consolidated Schools are closed due to the weather, we will also be closed.

I have been doing some reading on the importance of art education. A main focus is not to develop artists but to foster creative thinking. In my art class we will work with exercises to develop our creativity. Learning at any age is important. Creativity will help in every aspect of our lives. Creativity helps us to look at everyday events in new ways. I had a friend that used to say that there is a third alternative to everything. I often think of it when I have a decision to make. It could be this or that (or what is the third alternative.) Let’s look for the third alternatives. Let’s try to see all the possibilities in our life. It makes for a more exciting, productive and positive life.

“Think left and think right and think low and think high. Oh, the thinks you can think up if only you try” – Dr. Seuss

"Every child is an artist, the problem is staying an artist when you grow up."-
Pablo Picasso

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Exercise w/ Mark 10:30 Acupuncture 11:45 Lunch 12:30 Euchre	9:00 Line Dance 10:30 Weaving 11:45 Lunch 12:30 Knitting	9:00 Exercise w/ Mark 10:30 Writers Group 10:45 Gentle Fitness 11:45 Lunch 12:30 Bingo 12:30 Art	11:45 Lunch 1-2:30 Yoga	9:30 Exercise w/ Mark 10:45 Gentle Fitness 10am-2pm Massage (by appointment) 1-2:30 Yoga	10am-12pm Quilting

Exercise with Mark: This fun and engaging class will assist individuals to improve balance, strength, flexibility, and cognitive capabilities through various exercises. Arrive early to secure a space! Mark will have class on **President Day, Monday, February 18, 2019.**

Line Dance with Dee. Get Moving and have fun!



Yoga Classes: Regular schedule has resume for returning participants.

Gentle Fitness: Consider participating in a low-impact workout session easier on body and joints held on **Wednesdays and Fridays at 10:45AM.**

Take advantage of the additional services offered here at the senior center for a small fee. There is no harm in investing in health and wellness!

Acupuncture with Ron. Scheduled from 10:30AM – 12:30PM. Please be advised that in order to receive the maximum benefit from treatment, it is recommended to arrive no later than 11:45AM. The fee is \$15/session.

Norwegian Massage with Sissel Bridges. Schedule an appointment at **734-340-3766** on **Fridays, bi-weekly**. The affordable fee is:

- 11 Minutes for \$12
- 30 Minutes for \$24
- 45 Minutes for \$36
- 60 Minutes for \$48

Visiting Foot Nurse, Robbi Duda, will be at the center on **Tuesdays, February 12** and **March 12, 2019**. Please call to schedule your appointment at 734-741-8586.

Other Community Exercise Programs Available with you in mind

Cardio Drumming

*Ypsilanti Free Methodist Church
1800 Packard, Road
Ypsilanti, MI 48197
\$2.00 **with** Ball and Sticks
\$1.00 **without** Ball and Sticks*

Free Yoga and Zumba

*(inside Briarwood Mall in front of JCPenny's)
9AM-10AM - Both Classes
Yoga - Tuesdays
Zumba - Thursdays*

Local News in the City of Ypsilanti

Designated Warming Center

The Ypsilanti Senior Center is a warming center for individuals needing to escape adverse cold conditions (wind chill temperature of 20 degrees or below) and can temporarily stay between regular business hours to either participate in various activities, enjoy a hot cup of hot chocolate, coffee, or tea, or watch tv.

“Kindness is spreading sunshine into other people’s lives regardless of the weather.” - RAKtivist

**VOLUNTEERS WANTED - The Ypsilanti Thrift Shop
14 S. Washington St., Ypsilanti, Mi. 48197
Call (734) 483-1226 or stop in**

Our thrift shop is more than just bargains. It is a non-profit resale shop, and we donate all our profits to local charities. We have been so busy this year that we need to increase our volunteer staff. You have to commit to working just 3^{1/2} hours a **month**, and we will train you in the shop. It's fun and it helps the community. If you'd like to volunteer, contact Jenean at the number above or just stop in to the shop during regular hours to fill out an application: M, W, Th, & F 10:00 AM to 3:45 PM, Tuesday Noon to 6:00 PM and Sat. 10:00 AM to 1:00 PM.

The particular responsibilities include but not limited to, tidying up sales floor, help sort and place donations in the shop, and/or work at the counter. The Ypsilanti Thrift Shop would love for you to consider volunteering.

**Caregiver Support Group - Gilbert House
203 S. Huron Street, Ypsilanti, MI 48197**

Whether you are caring for your parents, a spouse, or another loved one, finding the time to meet with other caregivers is often a valuable investment of your time. Meeting with others who understand, the journey of living with memory loss, is often enlightening and offers the opportunity to relieve stress. Support is available within the community.

Join Debbie and Shonda at Gilbert House on the 1st Wednesday of each month from 3:00-4:30PM for support and resources related to living with Alzheimer's Disease. We would love to meet you.

“Caregiving is a constant learning experience” - Vivian Frazier

“Out to Eat Bunch”

We are a lively group here at the center! If your interested in getting out of the house and meeting new people **join the group at Denny's**, located 2033 Rawsonville Road, Belleville, MI 48111 at **11:30AM on Friday, February 15, 2019**. As a gentle reminder, please sign-up at the center.

**Gentle Reminder Lunch Participants
Do not forget to sign up for lunch**

To ensure YOU are not missed, it is important to sign up for a meal. **Meals are ordered every Thursday morning by 11AM for upcoming week.** We are asking for your assistance to ensure that your name is placed on reservation sheet.

If you are interested in participating in the lunch program, please see the receptionist to complete appropriate documents. Individuals 60 years and older there is a donation fee of \$3 (**not mandatory**) and 60 years and under is \$5.50. Should you have any questions, please do not hesitate to ask.

Valentine's Day Potluck
Tuesday, February 19, 2019 @ 11:45AM
"Share the Love"

Although Valentine's Day has past, we wanted to continue to show appreciation and gratitude to the members of the center with **waffles, dizzled berries, and whipped cream!** To make this a festive luncheon and you would like to participate, we are asking everyone to wear something red. Please ensure that you sign up to let us know you and/or guest will be attending.

"We Care CONNECT Memory Cafe"
Tuesday, February 12, 2019
2PM - 4PM

The memory café is a safe and judgment free environment that provides as a respite from the constant emotional turmoil brought on by dementia. This opportunity is provided to caregivers and persons living with memory loss to engage in social conversation, creative and entertaining activities, and **develop friendships for mutual support.**

This month, **"We Care CONNECT Memory Café,"** is scheduled to have Attorney Terrance Bertram from the **"Legacy Law Center"** to provide a brief presentation on the **"Caregiver's Checklist"** to ensure caregivers are legally knowledgeable on the resources, support, and benefits with caregiving. Also Pharmacist, Nathan Mair from **"At Home Pharmacy"** will give an educational overview on services provided including comprehensive medication reviews and free delivery.

If you know someone who may benefit from this social opportunity, please pass along to encourage participation. The center is **CLOSED** for this specialized program. The cafe is open to anyone, without referral or assessment, in the early to moderate stage of the (Alzheimer's) disease, caregivers and care partners, or persons concerned about cognitive decline. Individuals with a history of disruption and/or aggressive behavior is not appropriate for the group.

Light refreshments will be served and resources available related to dementia care. As a gentle reminder, **"We Care CONNECT Memory Cafe"** meets every second Tuesday of the month.

Should you have any questions regarding the cafe, please feel free to contact the center at 734.483.5014.

Thank You!!!

We want to take the time to say thank you to ALL OUR members for the continue support and choosing the Ypsilanti Senior Center as a place of choice for recreational, educational, and physical activities. YOU ARE APPRECIATED!

Retired Seniors Volunteer Program (RSVP)

RSVP has been active in Washtenaw County since 1973. Catholic Social Services of Washtenaw County has sponsored the program since 1989. In Washtenaw County close to 300 senior volunteers serve approximately 50,000 hours annually, through 40 local nonprofits. This is the equivalent of investing \$1,207,000 (based on the Independent Sector rated value of a volunteer hour) into the community.

This program helps adults age 55+ contribute their talents and experience to serve local nonprofits. RSVP considers the skills and interests of each volunteer along with the needs of the partner organizations to match up the volunteer.

City of Ypsilanti Senior/Community Center in Recreation Park

Our Mission: "Creating great experiences for older adults in a welcoming environment that encourages learning, active engagement, fitness, and healthy living."

Our Staff:

Monica Prince -- Director

Shonda Gibbs -- Administrative Assistant

Lenora Miller -- Kitchen Aid

Happy Birthday to all born in February!

HAPPY BIRTHDAY!